

2001 California Dietary Practices Survey

Table 102: Barriers to Eating Low Fat Foods

Question: For yourself, do you agree or disagree...

Its hard to find low fat foods in restaurants.

Its hard to find low fat foods at my workplace.

Its hard to find low fat foods in fast food places.

TV advertising encourages people to eat high-fat foods.

TV advertising encourages people to eat too much food.

Percent Agreeing

| | Hard to find in restaurants | Hard to find at work | Hard to find in fast food places | TV encourages eating high- fat foods | TV encourages eating too much food |
|------------------------------|-----------------------------------|----------------------------|---|---|---|
| Total | 53 | 67 | 86 | 70 | 71 |
| Sex | | | | | |
| Males | 51 | 66 | 86 | 66 ** | 68 ** |
| Females | 55 | 68 | 86 | 74 | 74 |
| Males | | | | | |
| 18 - 24 | 53 | 56 ** | 84 | 67 | 56 ** |
| 25 - 34 | 51 | 71 | 83 | 69 | 67 |
| 35 - 50 | 52 | 63 | 86 | 65 | 66 |
| 51 - 64 | 56 | 79 | 90 | 70 | 81 |
| 65+ | 42 | 60 | 86 | 55 | 69 |
| Females | | | | | |
| 18 - 24 | 66 | 69 | 93 | 75 | 68 |
| 25 - 34 | 54 | 66 | 85 | 77 | 74 |
| 35 - 50 | 52 | 66 | 85 | 77 | 78 |
| 51 - 64 | 53 | 64 | 86 | 71 | 75 |
| 65+ | 54 | 80 | 87 | 68 | 74 |
| Ethnicity | | | | | |
| White | 52 | 68 | 88 ** | 72 | 75 *** |
| Hispanic | 58 | 67 | 81 | 69 | 65 |
| Black | 56 | 70 | 86 | 73 | 70 |
| Asian/ Pacific Islander | 54 | 63 | 82 | 60 | 52 |
| Education | | | | | |
| Less than high school | 55 | 73 | 75 *** | 64 *** | 62 *** |
| High school graduate | 56 | 67 | 86 | 63 | 67 |
| Some college | 55 | 68 | 88 | 74 | 76 |
| College graduate | 49 | 63 | 88 | 76 | 75 |
| Income | | | | | |
| Less than \$15,000 | 57 * | 69 | 83 | 70 ** | 67 * |
| \$15,000 - 24,999 | 55 | 69 | 87 | 64 | 68 |
| \$25,000 - 34,999 | 63 | 62 | 88 | 76 | 75 |
| \$35,000 - 49,999 | 49 | 66 | 81 | 68 | 75 |
| \$50,000+ | 49 | 67 | 89 | 76 | 77 |
| Physically Active | | | | | |
| Did not meet recommendations | 54 | 68 | 86 | 68 | 70 |
| Met recommendations | 52 | 65 | 86 | 72 | 72 |
| Overweight Status | | | | | |
| Overweight/Obese | 53 | 68 | 85 | 70 | 72 |
| Not overweight | 53 | 66 | 87 | 70 | 70 |

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001